

BAD Tri Swim Session - Tuesday, 23rd March 2015

Warm Up

200	Front crawl - easy	On 20s rest
50	Side kicking (front crawl)	On 10s rest
100	Front crawl	On 20s rest
50	6-1-6 Drill	On 10s rest
100	Front crawl	On 20s rest
50	6-3-6 Drill	On 10s rest
100	Front crawl	On 20s rest
3x	50 Front crawl - descending (easy, steady, hard)	On 20s rest

800

Main Set

3-4x	100	Front crawl - easy	On 25s rest
	50	Front crawl - hard	On 25s rest
	400	Front crawl - steady	On 60s rest
3-4x	100	Front crawl - easy	On 15s rest
	50	Front crawl - hard	On 15s rest

2,100 - 2,400

Cool Down

2x	50	Front crawl kick	On 15s rest
	100	Front crawl - easy	
	100	Choice (Not front crawl)	

2,400 - 2,700